SUNCITY SCHOOL
sadaiva agrani
B-Block, Greenwoods City, Sector-45, Gurugram

WORLD HEALTH DAY

(SDG 3: Good Health & Well-being)

TALK BY THE SCHOOL DOCTOR

To spread awareness regarding the **United Nation's Sustainable Development Goal 3: Good Health and Wellbeing,** and to commemorate '**World Health Day'**, an informative session was organized for the students of Grades I to IV on **Monday, 24th April 2023**. The school doctor, Ms. Ritu Malik Sehrawat, addressed the students to create awareness regarding the initiatives taken by WHO. Students were told about the WHO, World Health Day, the importance of celebrating this day and WHO's theme for this year, '**Health for All''.**

3 GOOD HEALTH AND WELL-BEING — **Ensure healthy lives and promote well-being for all at all ages**

Students were informed about how they could contribute to the World Health Organization's goal, by:

- Taking care of their health.
- Eating healthy.
- Exercising.
- Washing their hands regularly.
- Indulging in any constructive hobby to maintain their mental health.
- Raising awareness amongst family and friends about the importance of good health.
- Taking care of their family members during their illness.
- Asking their parents to take their house helps to the doctor, whenever they fall sick.
- Taking preventive measures to avoid illness as- Prevention is better than cure.